



**South
Hadley**



Recreation Department

Featured Programs!

Youth Soccer & Field Hockey

We still have spots open for K-6 recreation soccer and grade 4-8 field hockey. Play begins in late August so register ASAP so you don't miss out!

K-2 Football

This is a non-competitive program with the emphasis on fun! The cost is \$20 and will include a tee shirt. The program meets on Monday evenings from 5:30-7pm at Beachgrounds Park starting Monday September 12th.

Tang Soo Do

Tang Soo Do will begin again this September. The session will begin on Tuesday September 6th in the wellness room at the Michael E. Smith Middle School.

Classes will be held on Tuesdays & Thursdays

Dragons (Ages 5-6): 6-6:30pm (\$25 per month)

Youth (Ages 7-15) 6:30-7:30pm (\$35 per month)

Adult (Ages 16+): 7:30-8:30pm (\$35 per month)

Youth Sports/Programs

Winter Sport Registrations

Winter sport registrations will take place from Monday September 26th through Monday October 24th.

The winter sports offered are basketball & wrestling for those in grades K-8 and DARE Basketball for those in grades 9-12.

You can register in the office or online at www.southhadleyrecreation.org. Our new registration platform has NO convenience fees!



Activities

New York City Bus Trip

We will be offering our annual bus trip to New York City this year. The bus will leave South Hadley HS at 7am and arrive in New York City around 10am. You have all day to shop, see a show, go for a skate at Rockefeller Center, have a nice meal, site-see etc...The day is yours! Let us take care of the driving. The bus will leave NYC at 6pm to return to South Hadley.

Seats are on a first come, first paid basis.



Date: Saturday December 3, 2016

Cost: \$40 for residents/ \$45 for non-residents



Fitness Programs

Aquacise

Join us in the pool at Michael E. Smith Middle School for a one of a kind workout! This one hour low impact water exercise class combines a variety of programs to promote cardiovascular fitness, improved flexibility and strength training. Excellent for all fitness levels from the beginner to the advanced swimmer. The instructor is Carol Kelliher. Class is held on Tuesday and Thursdays from 7:30-8:30pm and is paid monthly. Please visit the Recreation website for exact dates and pricing.

Tanya Gets You Fit

Get Ready, Get Set, Get Fit with Tanya Gets You Fit Classes. Classes include Cardio Kickboxing, Total Body Blast, Fab Fusion, Core Power & Hip Hop. Cost is \$5 a class and are held in the Town Hall Auditorium. For more information and a class schedule visit the Recreation website.

Adult Sports

Tang Soo Do

Tang Soo Do will begin again this September. The session will begin on Tuesday September 6th in the wellness room at the Michael E. Smith Middle School.

Classes will be held on Tuesdays & Thursdays

Adult (ages 16+): 7:30-8:30pm (\$35 per month)

Adult Pick-Up Soccer

Pick up soccer plays indoors Wednesday nights from 7-9pm at Mosier Elementary with the last indoor meeting being Wednesday May 11th. After that play will continue outdoors on Sundays at 10:00am at the Michael E. Smith Middle School. Must be at least 18 to play. Come with your sneakers and shin guards ready to play.

For more information:

South Hadley Recreation Dept.: www.southhadleyrecreation.org or 413-538-5017 ext. 203